



GREAT FALLS COMMUNITY
**FOOD
BANK**

“Gathering together to nourish our community.”

Bokashi is made locally at the
Great Falls Community Food Bank
in partnership with
Gardens from Garbage.

To purchase:

Call Captain Compost @ 406-868-2359 (M-Sat 9-6)
Community Food Bank @ 452-9029 (M-F 8-1).

Bokashi prices: 1 quart - \$4
1 gallon - \$12

For bulk orders, call Captain Compost (Mike).

www.gardensfromgarbage.org

Captain Compost



Our mission is to educate and guide organizations, neighborhoods and communities in developing a sustainable local food source through composting, gardening and year-round greenhouses.

We are a Great Falls based non-profit focused on sustainability education & projects. We have been working & teaching in Cascade & Chouteau Counties since 1998.

What we're doing:

- Developing & implementing cold composting systems (recycling food & green waste) in Great Falls called *Gardens from Garbage.*
- Installing *Gardens from Garbage* cold compost systems in public elementary schools in Great Falls.
- Producing an organic compost accelerant (bokashi) to help with the revitalization of local soil.
- Organizing the annual Foster Tomato Program to ensure delivery of FRESH produce to the Food Bank.
- Supporting residential gardens by building compost bins from discarded shipping pallets.
- Supporting efforts to develop year-round greenhouses.

We invite YOU to join us!

- We welcome new members and volunteers for upcoming scheduled projects.
- We accept donated materials and equipment.
- We accept donations of money to help fund community projects.

Bokashi

Natural “live” Compost Accelerant

Cold Composting
No turning...No odor

*Growing
Gardens*



From Garbage



Sunburst Unlimited, Inc.
Sustainability education and projects.

1917 1st Avenue North
Great Falls, MT 59401
406-868-2359
www.gardensfromgarbage.org

Uses for Bokashi:

Bokashi Tea:

Add 1 ounce bokashi to one gallon filtered water. Let stand (sealed airtight) for 12 hours. Then water plants, flowers, vegetables etc.

Gardening:

- Mix dry bokashi with potting soil for potted plants at a rate of about 1-3% bokashi to soil.
- Use bokashi-fermented/pickled food waste trenched & buried between rows of your garden.
- Mix dry bokashi in the soil as you are planting your vegetables, fruits, or flowers.

Bokashi Bucket Composting:

In a bucket, cover the bottom of the container with 1/2 cup of bokashi . Add your kitchen waste, including meat and dairy.

On top of every 2-3 inches of kitchen waste, sprinkle 1-2 T. of bokashi.

Mash down with a plastic bag to compress (so it becomes anaerobic, "without oxygen"). Keep container sealed throughout the filling process.

When full, keep sealed for 2 weeks to ferment.



Your kitchen waste will then be "pickled/fermented". Do one of the following next:

Transfer the fermented contents of the container into your garden beds or flower garden by burying it 6-8 inches under the soil.

Trench it between already planted rows & it will feed the rows of flowers or vegetables.



Add it to your outdoor composting system, which will increase the speed of decomposition in your bin. Add some dirt to your bucket, mix well, re-cover for 3-4 weeks and you will have pure compost when you open it. Fast and easy way to produce your own "good dirt"! See Soil Factory on website.

Bokashi fermented food waste does not compost in the bucket by itself.

The food will look the same as what you put in – an onion will look like an onion – but the pickling has changed its internal structure. It needs a carbon element added to complete the transformation into "good dirt". In compost bins, the bokashi waste breaks down more quickly than normal & you don't have to worry about green/brown ratios. Dig out some old compost, put the bokashi waste in the bin & cover it with the compost you removed. In combination with the other naturally occurring microbes, it speeds up the composting process.

Try using Bokashi for the following:

Septic Sanitizing:

Add 1 ounce bokashi to one gallon filtered water. Let stand for 12 hours (sealed airtight). Then pour/flush activated bokashi water down the sink or toilet drain.

Pro-biotic (good for human & pet intake):

Add 1 tsp bokashi to your cereal, smoothie or in a small glass of water and swallow. Bokashi adds to and aids the "good" bacteria in your digestive tract, facilitating more complete digestion and bowel function.

Grain Planting:

Add 1% bokashi by volume to the seed drill when seeding for fertilizing the fields.

Reduce odors:

Sprinkle on pet bedding; add 1/2 -1 cup to kitty litter per litter change; feed to animals; sprinkle on smelly yards.

Note: Bokashi is made by soaking organic wheat bran in EM-1 (Effective Microbes), molasses & water - fermenting and drying the microbe enriched bran. Liquid EM-1 has proven extremely effective in clearing ponds and streams of algae, reducing fungus and mold from plants, shrubs and trees, reducing skin conditions (itching, mange, etc) on pets, reducing odors by spraying where farm animals reside. **See Gardens from Garbage to purchase EM-1.**



Bokashi Cold Composting can be done year-round!

We compost all year. In the winter, you can continue to do bokashi composting in a closed container: either an insulated compost bin in your backyard, or in a "soil factory" in your basement (see website).

www.gardensfromgarbage.org

We also make, sell, and install insulated residential compost bins made from recycled pallets.

